

5K Walk/Run Series 2020

JANUARY 23RD - DECEMBER 11TH

Rotary Club Virtual 5K
(you choose the time and place)

Friday, MARCH 13TH
Rhythm & Run 5K (6:30pm)

MARCH 28TH
Spring It On 5K (8:00am)

APRIL 18TH
Strides for Stroke 5K/10K (9:00am)

Thursday, APRIL 30TH
Jiggy with the Piggy 5K (6:30pm)

AUGUST 29TH
Hole in Run 5K (7:30am)
**Held at The Club at Irish Creek*

OCTOBER 10TH
Duke Dash 5k & Healthfest (9:00am)

DECEMBER 5TH
Frostbite 5K (10:00am)

All events held in Downtown Kannapolis unless otherwise noted.

runkannapolis.com



Discover a Healthy Life in Kannapolis

Runners and walkers of all ages and abilities are invited to participate in a unique series featuring the best area 5K fun runs/walks. Awards will be presented to those who finish at least five events.

REGISTRATION:

There is no fee to participate in Run Kannapolis. Your entry into the individual races will be used to track your participation. You simply pay the entry fee for each individual event that you want to compete in.

RUN KANNAPOLIS AWARDS AND PRIZES:

In 2020, series awards will be provided simply for participating and finishing at least five events. There are no category awards for age, gender, or series standings/time. Individual 5K events will have their own awards, t-shirts, and prizes. Run Kannapolis End-of-Season awards will be presented at a special ceremony in January 2021. Qualifying award recipients will receive an email invitation notifying you of your completion in the Run Kannapolis Series and details on the end of season award ceremony.

PARTICIPATE IN:

5 RACES...Achieve **PARTICIPANT** status; you will receive an end-of-season award.

6 RACES...Achieve **ATHLETE** status; you will receive an end-of-season award.

7 RACES...Achieve **COMPETITOR** status; you will receive an end-of-season award.

8 RACES...Congratulations, you've achieved **BEAST** status! Special award for you.

SPONSORED BY:



Atrium Health



5K Walk/Run Series 2020

All events held in Downtown Kannapolis

**January 23RD -
December 11th**

Virtual Race
(You choose the time & place)

Kannapolis Rotary Club

KANNAPOLIS

Friday, March 13TH 6:30pm

North Carolina Music Hall of Fame



March 28TH 8:00am

Kannapolis City Schools



April 18TH 9:00am

Atrium Health | 5K/10K



PRESENTED BY



Thursday, April 30TH 6:30pm

Kannapolis Parks & Recreation



August 29TH 7:30am

Kannapolis Education Foundation
Held at The Club at Irish Creek



October 10TH 9:00am

Duke University's
MURDOCK Study



December 5TH 10:00am

Cannon Memorial YMCA
- Kannapolis Branch

FROSTBITE



704-920-4343

runkannapolis.com

